LGFA Playing Rules Enhancements

Summary of New Rule Changes

Overview

This document provides a concise overview of the new LGFA Playing Rules. Each rule is presented with key details and summaries to facilitate understanding and implementation. It is important to read the full rule wording in the LGFA Official Guide to get full information on each enhancement.

Rule Enhancements

Kick-Out Mark

- Amended from GAA Rules

Summary:

- Awarded to a player, from either team, who catches the ball cleanly from a kick-out on or past the 40m arc.
- Player signals to referee by raising arm upright and that player takes the kick from the hands.
- Kick is taken from the point where the mark is awarded and opposing players must retreat 13m.
- Player may alternatively play on immediately and cannot be challenged within 4m of position of mark.

Key Details:

- Aim is to give the team receiving the kick-out a better chance to win possession.
- Encourages the high catch skill.

Summary:

- During play a team must have at least 4 players (which may include the goalkeeper) in their half of the pitch and at least three outfield players in the opposition half.

- A breach in the act of carrying, receiving or intercepting the ball will result in a free kick awarded from where the player crossed the line
- A breach other than in circumstance above will result in a free kick being awarded from the centre point of the offending team's 20m line.
- The opposing team may take the free kick from any point outside the 40m arc for the opportunity of a two-point score.

Key Details:

- Intended to prevent massed defences and create more space for attacking play.
- Aims to promote a more open and flowing game.

40m Scoring Arc

From GAA Rules

Summary:

- Two points are scored when the ball is played over the crossbar and between the posts having been kicked by a player who has at least one foot on or outside the 40m arc.
- Two-point score is also awarded if the ball bounces over the bar directly from the kick on or outside the 40m arc once no other player touches it from the kickers team.

Key Details:

- Intended to encourage long-range scores and skill of kicking.

Discipline - Delaying Play

From GAA Rules

Summary:

- Where a foul is committed for the purpose of delaying play, the offending player will be noted or carded where appropriate, and a free kick awarded to the opposing team 50m more advantageous.
- If this results in the ball being moved inside the 40m arc then the team can opt to take their free from the arc to try and score 2 points.

Key Details:

- Intended to discourage tactical fouling and delaying play.

Solo and Go

From GAA Rules

Summary:

- Previously a player could not take a free without the referee's permission but now a player who is fouled can solo (toe-tap) immediately within 4m of where the foul occurred and continue to attack.
- If they solo and go they cannot be challenged for 4m and any player from that team can solo and go, it is not confined to the player who was fouled.
- The solo and go must be done instantly and in either a forwards or sidewards direction.

Key Details:

- Intended to speed up the game by allowing a player, or their teammate, to continue play immediately when fouled.
- Aims to promote a more open and flowing game.

Discipline - Dissent by Team Official

From GAA Rules

Summary:

- Misconduct by a Team Official(s) that warrants a yellow or red card results in a free kick on the offending team's 13m line.
- The free taker has the option of taking the free kick from the apex of the 40m arc for the opportunity of a two-point score.

Key Details:

- Intended to discourage misconduct towards match officials and promote respect.

The Tackle

LGFA Rule Enhancement

Summary:

- Previously a player could only tackle when the ball was out from the body and using the open hand or hands.
- This has been altered to allow a player to tackle the ball even if it is in the body but they still must use the open hand or hands and the initial contact must be with the ball.
- The player making the tackle may make incidental contact with the player at the same time once the initial contact is with the ball and they cannot leave their hand in on the ball.

Key Details:

- Intended to give greater consistency on the tackle and allow controlled contact with a player.

Preventing a Collision

LGFA Rule Enhancement

Summary:

- A player may now use one or both hands to legally delay an opponent's forward movement provided the opponent is in possession of the ball and that the contact is made below shoulder height and is not a push backwards.
- Once contact has been made to delay the movement the player's hands must be withdrawn and used to tackle the ball.

Key Details:

- Intended to protect the defending player by allowing them to absorb a tackle when a player is running directly towards them but the player may not push the oncoming player with force.

Persistent Foul

LGFA Rule Enhancement

Summary:

- Referee education has indicated that 3 non-technical fouls by a player will result in a yellow card for persistent fouling so this enhancement is just writing this into rule.

Key Details:

- Aim is to promote consistency and clarity in relation to persistent fouling for referees, mentors and players.

Controlled Contact

LGFA Rule Enhancement

Summary:

- Previously there was a rule stating there shall be no deliberate body contact and this new enhancement will permit a player to use her body to fairly contest possession of the ball provided the challenge does not involve excessive force.
- The shoulder charge is still not permitted.

Key Details:

- Aim is to allow players to use controlled contact to contest for the ball and limit the free count in these situations whilst still protecting player safety.

45m Kick Going Forward

LGFA Rule Enhancement

Summary:

- Rules around the 45m kick remain the same except the ball cannot be played backwards or a throw in will be awarded.
- Also should an opposing player foul the 45m kick the team in possession will have the option of a 13m free for one point or moving to the 40m arc to attempt a two-point kick.

Key Details:

- Intended to promote attacking play and encourage accuracy from the kick off the ground as this is the only aspect of ladies football where the kick must be taken from the ground.

Square Ball From Play

- LGFA Rule Enhancement

Summary:

- Rules around the square ball from a set play remain the same in that a player cannot enter the small rectangle before the ball however during play an attacking player can now legally enter the small rectangle after the final play of the ball e.g. the final kick or hand pass into the small rectangle.

Key Details:

- Aim is to make it easier for officials to make consistent calls during play and generate more engaging play in the goal area.

Summary

These new playing rule enhancements are designed to improve the flow of the game, encourage fair play, and reduce unnecessary stoppages. All players, coaches, and referees are urged to familiarise themselves with these changes to ensure consistent application and understanding.